



1245 Cedar Road, Chesapeake (757) 558- 9869

ACADEMY SCHEDULE

Life-skills and Personal Development Program

www.virginiatkd.com

BELT & AGE GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age 4-5 TIGER CUBS	4:15 PM (1)	4:15 PM (2)	4:15 PM (1)	4:15 PM (2)		
JUNIOR WHITE & YELLOW Belts	6:00 PM	5:00 PM	11AM	7:00 PM		
JUNIOR GREEN	7:00 PM		11AM	5:00 PM	6:00 PM	
JUNIOR BLUE & BROWN	7:00 PM		11 AM	5:00 PM	6:00 PM	
JUNIOR RED	7:00 PM		11 AM	5:00 PM	6:00 PM	
JUNIOR BLACK Belts	5:00 PM	6:00 PM	11 AM		7:00 PM	
ADULT WHITE thru BLACK	8:00 PM			6:00 PM	8:00 PM	

SUMMER SCHEDULE 2019

BRAZILIAN JIU JITSU	5PM BGR BJJ 6PM ADV BJJ	7PM ADULT BJJ	12PM MIXED 6PM MIXED 7PM ADULT	6PM BGR BJJ	5PM ADV BJJ	
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UNIFORM POLICY: Full Uniform or Academy T-Shirts ONLY. Only plain White T-Shirts under the Uniform Top are authorized. *Full Uniform must be worn at all Testings, Tournaments, Guest Instructor Visits, and as directed by Chief Instructor.*

ONE-ON-ONE PRIVATE LESSONS: Every Brown, Red and Black Belt is required to secure one Private Lessons (PL) per testing cycle.

<p>ON TIME POLICY Students that arrive late for class will be allowed to participate; however, NO CLASS CREDIT will be issued. Students that ARRIVE MORE THAN 10 MINUTES LATE will <u>not</u> be allowed</p>	<p>STUDENTS MUST TEST TO EARN NEW RANK FORMAL TESTINGS ARE HELD EVERY 10 WEEKS</p> <p>MINIMUM CLASSES REQUIRED FOR TESTING</p> <table border="1"> <thead> <tr> <th>WHITE</th> <th>YELLOW</th> <th>GREEN & BLUE</th> <th>BROWN & RED</th> <th>BLACK</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>14</td> <td>14</td> <td>16</td> <td>16</td> </tr> </tbody> </table>	WHITE	YELLOW	GREEN & BLUE	BROWN & RED	BLACK	12	14	14	16	16	<p>STUDENT AGE BREAKDOWN Juniors: 6-14 / Adults: 15+ ALL STUDENTS MUST ATTEND CLASSES APPROPRIATE TO THEIR AGE GROUP Class Duration: Tiger Cubs 30 Minutes, Juniors 45-55 Min., Adults 45-60 Min. Class Attendance Guidelines: <i>Attend minimum of 2 classes weekly</i></p>
WHITE	YELLOW	GREEN & BLUE	BROWN & RED	BLACK								
12	14	14	16	16								

Testing Cycle: There are 5 ten-week training cycles each year. Students are required to meet minimum class attendance guidelines to be eligible to test. Lesson credit totals start over at the beginning of each cycle. No rank skips are allowed. If your minimum lesson credit attendance requirement is met, this does not guarantee that you will pass your rank exam.

Learning Format: The three Learning Formats are 1) Formal Class Attendance, 2) Home Practice, & 3) Private Lessons. All three learning formats are required to ensure Students are fully developing their

The Academy management reserves the right to change the schedule at any time without notice (REVISED

MAY 2018)